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SOYBEANS AND SOYBEAN PRODUCTS FOR TABLE USE

by

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Soybeans, fresh or dried, may be used for the table in the same ways that other beans and peas are used, and in other ways besides. They are more nutritious than the others, however, not only because they are richer in fat and in protein, but because the protein of soybeans is of much higher quality.

Some varieties of soybeans are better for the table than others, and some are now being developed especially for garden and table purposes. These are especially recommended for serving as a green vegetable, but the field varieties also may be used, either as green beans or dried.

Certain varieties succeed better in some localities than in others. In the South Atlantic and Gulf States the Dixie, Mammoth Yellow, Tokyo, and Rokusun are the best, and just north of this section the Easy Cook, Haberlandt, and Hahto also are grown. In the Middle Atlantic region the principal varieties are the Dunfield, Haberlandt, Easy Cook, Hahto, and Mansoy; around the Great Lakes and eastward to the Atlantic the Dunfield, Illini, Manchu, Mukden, and Mandarin; in the northern Great Lakes region the Mandarin, Minsoy, and Soysota.

In localities where soybeans are not on the market, or grown on nearby farms, the dried soybeans and many of the soybean products can often be purchased at food specialty stores. Or the dried beans can be ordered from growers or seedsmen. State agricultural experiment stations will furnish information as to sources of supply.

Soybeans are useful in diets for diabetics because they are comparatively low in starch. The total carbohydrate content of dried soybeans is only about half that of other dried beans and peas, and only two-fifths of the total is utilized by the body. Dried soybeans are classed among the 9 or the 12 percent vegetables; i.e., 9 to 12 percent of their content is available carbohydrate. The green shelled soybeans count as a 6 percent vegetable.

Besides the green and dried soybeans as such, a number of products made

from the dried beans may be used in a variety of nutritious and appetizing dishes. The Bureau of Home Economics has brought together in these pages recipes using soybean milk, soybean mash, and soybean curd, as well as the beans themselves.

GREEN SOYBEANS

Soybeans, shelled, make a most palatable and nutritious green vegetable when the beans have reached nearly full size and are still green and succulent. Of the field varieties tested, the Dunfield is recommended for use as a green bean. Of the garden varieties tested, the Hahto, Easy Cook, and Rokusun are most desirable.

The shelled beans are good steamed or boiled and seasoned with butter, bacon, or salt pork, or creamed as other green beans and peas are prepared. Or they may be scalloped. The beans shell more easily if first boiled in the pods for about 3 minutes.

Green soybeans may also be cooked and served in the pods, to be eaten from the fingers after dipping in melted butter. In this case soy sauce in the cooking water adds to the flavor. The green beans may also be canned.

Scalloped green soybeans

3 cups green soybeans	6 tablespoons flour
Water	1 teaspoon salt
3 cups milk	Pepper to taste
6 tablespoons fat	1 cup buttered bread crumbs

Steam or boil the beans until tender. Heat the milk and thicken with the combined fat and flour. Add this to the beans with the seasonings. Place in a greased baking dish, cover with the bread crumbs, and bake until the mixture is heated through and the crumbs are brown. Tomatoes served with this dish make a good combination.

Canning green soybeans

Boil the beans in the pods for about 3 minutes, shell and wash the beans, and blanch for 3 minutes in boiling water. Drain. Pack in tin cans or glass jars to within about 1 inch of the top. Add 1 teaspoon salt to each quart and boiling water to cover. Small pieces of salt pork may be added if desired. Leave 1/2 inch headspace in glass jars, or about 1/4 inch in tin cans. Partially seal glass jars, or fully seal tin cans, and process in a steam pressure cooker without delay as follows:

No. 2 tin cans,	70 minutes at 240°F.,	or 10 pounds steam pressure
No. 2½ " "	80 " " " " " "	" " " " " "
No. 3 " "	85 " " " " " "	" " " " " "
Pint glass jars,	80 " " " " " "	" " " " " "
Quart " "	90 " " " " " "	" " " " " "

When processing glass jars, do not open the petcock of the pressure cooker until the pressure gauge reaches zero, then open it gradually, remove jars, and cool in air out of drafts.

With tin cans, open the petcock of the pressure cooker gradually at the end of the processing, remove the cans, and cool them in running water.

DRIED SOYBEANS

Dried soybeans may be used in much the same way as navy beans and other dried beans, except that some varieties of soybeans require longer soaking and longer cooking. The Easy Cook and Rokusun require least cooking but Mammoth Yellow, Dixie, and Hahto, are other varieties which may be used successfully as cooked dried beans. All of them need to be soaked overnight and simmered in fresh water for 2 hours or less, according to the dryness of the beans and the variety.

A pressure cooker may be used to advantage in cooking dried soybeans. Soak the beans before cooking. Easy Cook and Rokusun varieties will cook in 15 minutes in a pressure cooker at 15 pounds pressure. Dixie, Hahto, and Mammoth Yellow require 25 to 30 minutes at 15 pounds pressure.

Although soybeans are very rich in fat, in cooking, a little meat fat or butter may be added for flavor. To bake them, use cooked dried beans, season, and cook in a slow oven for 3 or 4 hours.

A number of appetizing dishes may be made of soybean pulp, which is obtained by mashing, grinding, or pressing the soaked dried soybeans through a coarse sieve.

Soybean casserole

1/4 cup diced salt pork	2 cups milk
2 cups chopped celery	1 tablespoon salt
2 tablespoons chopped onions	2 cups cooked soybeans, chopped
2 tablespoons chopped green pepper	1 cup buttered bread crumbs
6 tablespoons flour	

Brown the salt pork in a frying pan. Add the celery, onion, and green pepper, and saute for about 5 minutes. Add thickening made from the flour, milk, and salt, and stir until it reaches the boiling point. Stir in the cooked beans, and pour the mixture into a greased baking dish. Cover with the buttered bread crumbs. Bake in a moderate oven (350°F.) for 30 minutes or until the crumbs are brown.

Chili con carne

1/4 pound salt pork, diced	2 cups cooked soybeans
1/4 cup chopped onions	2 cups tomatoes (canned or fresh)
1/2 pound lean beef, ground	1 tablespoon chili powder

Fry the salt pork until crisp. Remove the pork and brown the onions. Add the beef, stir, and cook slowly for 5 minutes. Then add the crisped pork and the remaining ingredients and heat to boiling.

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Soybeans southern style

2 cups cooked soybeans	2 cups tomatoes (canned or fresh)
2 cups corn (canned or fresh)	2 teaspoons salt
4 tablespoons grated cheese	1 cup buttered bread crumbs

Put alternate layers of the beans, corn, cheese, and drained tomatoes into a greased baking dish. Mix the salt with the juice drained from the tomatoes and pour over the mixture. Cover with the buttered crumbs and bake in a moderately hot oven (350 - 400° F.) for 30 minutes, or until the crumbs are brown.

Soybean salad

1-1/2 cups cooked soybeans	1/2 cup diced carrots
1/2 cup diced celery	1 teaspoon finely minced onion
1/2 cup diced cheese	1/4 cup French dressing
	Lettuce

Mix the ingredients with the salad dressing. Chill thoroughly and serve on crisp lettuce.

Salted soybeans

Wash and soak the beans overnight, then drain and spread them out at room temperature until the surface is dry. Fry a small amount at a time in deep fat at 350°F. for 8 to 10 minutes. Drain on absorbent paper and sprinkle with salt while still warm.

Use the same varieties which are good as cooked dried beans for this purpose.

Soybean vegetable soup

1/2 cup chopped celery	2 cups soybean pulp
4 teaspoons chopped onions	1 tablespoon salt
3 cups water	Pepper to taste
2 cups tomatoes (canned or fresh)	2 tablespoons flour

Cook the celery and onion in the water for about 15 minutes. Add the tomatoes, the soybean pulp, and the seasonings. Mix the flour with a little cold water, stir into the mixture until thickened, and boil for 5 minutes longer.

Soybean croquettes

1/2 cup milk	1 cup chopped celery
1 1/2 tablespoons flour	Salt and pepper to taste
2 cups soybean pulp	1 egg, beaten
1 cup bread crumbs	2 cups fine dry bread crumbs

Make a sauce with the milk and flour and combine with the other ingredients, except the egg and the 2 cups of fine bread crumbs. Shape into croquettes, dip in the beaten egg, and roll in the crumbs. Let stand to form a crust. Fry until brown in deep fat (375° F.). Curry powder may be used to vary the flavor. This mixture may also be made into a loaf and baked in a moderate oven (350° F.) for 30 minutes.

Soybean souffle

3 eggs	1 teaspoon salt
3 cups hot soybean pulp	Pepper to taste
2 teaspoons chopped onions	2 tablespoons finely chopped parsley

Beat the yolks of the eggs and add them to the other ingredients. Fold into the well-beaten whites of the eggs. Heap the mixture lightly into a greased baking dish. Bake in a very moderate oven (325° F.) for about 20 minutes or until set. Serve immediately.

Soybean sandwiches

2 cups cold soybean pulp	2 teaspoons finely minced onion
2 tablespoons melted butter or cream	Salad dressing

Combine all the ingredients and spread the mixture between thin slices of buttered bread. For variation add grated cheese, chopped green pepper, pickle, celery, or chili sauce.

Soybean pie

3/4 cup soybean pulp	1/4 teaspoon mace
3/4 cup milk	1/4 teaspoon salt
1/2 cup sugar	1 egg
1 teaspoon cinnamon	1 tablespoon butter
1/2 teaspoon allspice	Pastry

Heat the soybean pulp, milk, sugar, spices, and salt in a double boiler, add to the beaten egg and butter, and mix well. Pour the hot mixture into a deep baked pie crust and bake in a moderate oven (350° F.) for about 30 minutes, or until the filling is set in the center.

SOYBEAN SPROUTS

Soybean sprouts, like mung or other bean sprouts may be used either raw or cooked in salads, omelets, soufflés, meat stews, and fricassees. The beans can be sprouted in a flower pot, a sink strainer, or any container which has holes in it for drainage and which can be covered. Be sure the container is large enough, for as the beans sprout they swell to at least six times their original bulk. Soak them overnight, and next morning put them in the container, cover, and leave them in a warm place. Flood with warm water at least four or five times daily during the sprouting period, which will be 4 to 6 days. The sprouts should then be kept in a cool place, just as any fresh vegetable.

SOYBEAN FLOUR

Soybean flour, made of the whole beans, can be used successfully in the making of bread, muffins, biscuit, pastry, and plain cakes. A proportion of one-fourth soybean flour to three-fourths wheat flour may be used in ordinary recipes for these products without other change. A higher proportion usually necessitates an adjustment of the other ingredients. The muffin recipe below uses equal parts of the soybean and wheat flour.

Soybean muffins

1 cup soybean flour	2 teaspoons baking powder
1 cup white or whole-wheat flour	3/4 cup milk
1 teaspoon salt	1 egg
2 tablespoons sugar	1 tablespoon melted fat

Sift the dry ingredients together. Mix the milk and beaten egg, add the melted fat, pour into the dry ingredients, and stir until they are just moistened. Pour into greased muffin pans and bake in a hot oven (425°F.) 20 to 25 minutes.

Soybean white bread

4 1/2 cups sifted soybean flour	4 tablespoons sugar
8 1/2 cups sifted soft-wheat flour	4 teaspoons salt
2 3/4 cups milk	2 tablespoons fat
1 to 2 cakes compressed yeast	

Sift the soybean flour with the wheat flour. Scald the liquid. Remove 1/2 cup and when lukewarm (100° F.) add to the yeast. To the remaining hot liquid add the sugar, salt, and fat. When lukewarm add the softened yeast and flours. Mix until a dough is formed. Knead gently on a lightly floured board until smooth and elastic, place in a greased bowl, rub a little fat over the top of the dough, and cover. Allow to rise in a warm place (about 80 - 85° F.) until almost double in bulk. Punch down, cut, and mold the dough into loaves, place in greased pans, again rub fat lightly on the tops of the loaves, and cover. Let rise until nearly double in bulk. Bake pound loaves for 50 to 60 minutes in a moderately hot oven (385° F. for 15 minutes, then lower to 350° F.).

These quantities of ingredients make 4 1/3 pounds of bread.

Soybean whole-wheat bread

3 cups sifted soybean flour	1 to 2 cakes compressed yeast
5 1/2 cups whole-wheat flour	4 tablespoons sugar
2 1/2 cups milk	3 teaspoons salt
	3 tablespoons fat

Mix the soybean flour with the whole-wheat flour and proceed as for white bread. These quantities of ingredients make 3 pounds of bread.

Soybean nut bread

1 1/2 cups sifted white flour	1/2 teaspoon cinnamon
1 cup sifted soybean flour	1 cup chopped nuts
2 tablespoons sugar	2 eggs
3 teaspoons baking powder	1 cup milk
1 teaspoon salt	4 tablespoons melted fat

Sift together the dry ingredients and add the nuts. Beat the eggs, add the milk, and the fat, then add to the first mixture. Let the dough stand in a well-greased bread pan for 20 minutes. Bake in a moderate oven (350°F.) for about 1 hour.

Soybean pie crust

1 1/2 cups sifted soft-wheat flour	5 or 6 tablespoons fat
1 cup sifted soybean flour	About 2 1/2 tablespoons water
1 teaspoon salt	

Mix the flours and salt and work in the fat with the tips of the fingers or a fork or biscuit cutter. When the flour and fat are "grainy", add the water slowly, and use no more than absolutely necessary to make a stiff dough. Proceed as usual for pie crust.

SOYBEAN MILK

Soybean milk, although not equal to cow's, sheep's or goat's milk in food value, may be used as a beverage or in any recipe that calls for milk. In the Orient, where there are few dairy animals, soybean milk is an important food for children and practically the only substitute for milk.

As compared with cow's milk, soybean milk contains most of the same food substances but only one-sixth as much calcium, less fat, and no lactose (milk sugar). Its protein, though more "efficient" than any other vegetable protein, is less in quantity and not equal in quality to the proteins in milk of animal origin. Soybean milk contains more water, and therefore less solids than cow's milk.

Of the varieties tested by the Bureau of Home Economics and Plant Industry, the best to use for making soybean milk are Rokusun, Haberlandt, and Mammoth Yellow. Two methods of making the milk are given here:

I. Wash the soybeans and soak overnight. Remove the skins and grind the beans very fine. Put the ground beans in a cheesecloth bag, in a bowl of lukewarm water, using 3 quarts of water to each pound of dried beans. Work thoroughly with the hands for 5 to 10 minutes. Wring the bag of pulp until dry. Boil the milk on a low fire for 30 minutes, stirring frequently to prevent scorching. Add sugar and salt to taste. Keep in a cold place.

II. Wash the soybeans. Let them dry thoroughly, crack them, then grind them fine. To each pound of beans add 3 quarts water, and soak for two hours. Boil 20 minutes, stirring constantly, then strain through cheesecloth. Add sugar and salt to taste. Keep in a cold place.

Soybean milk soup

6 tablespoons butter	2 quarts soybean milk
2 tablespoons chopped onions	1 1/2 teaspoons salt
1 cup chopped celery	White pepper
6 tablespoons flour	Watercress or parsley, finely cut

Melt the butter in a frying pan, add the onion and celery, and cook for about 5 minutes. Add the flour, mix until smooth, and gradually add the soybean milk. Cook the soup in a double boiler, stirring constantly until smooth and slightly thickened. Continue to cook for one-half hour. Add salt and pepper. Just before serving add watercress or parsley.

Tomato soup with soybean milk

2 cups tomato juice and pulp	3/4 teaspoon salt
2 slices onion	1/4 cup butter
1 bayleaf	1/4 cup flour
3 cloves	2 cups soybean milk

Simmer the tomatoes and seasonings 15 minutes covered. Strain. Blend the butter and flour and add to the tomato. Cook until the mixture begins to thicken and add slowly the cold milk. Heat to boiling and serve immediately.

Custard with soybean milk

1 quart soybean milk	1/4 teaspoon salt
1/2 cup sugar	4 to 6 eggs
	1 teaspoon vanilla

Heat the milk, sugar, and salt in a double boiler. Beat the eggs and slowly add the heated milk. Strain into the double boiler and stir constantly until the custard coats the spoon. Remove at once and place the pan in a bowl of cold water, stirring until cool. Add the vanilla.

Cocoa with soybean milk

4 tablespoons cocoa	1/8 teaspoon salt
3 tablespoons sugar	1 quart soybean milk

To the cocoa, add the sugar and salt, then add a small amount of milk and stir until a smooth mixture is formed. Boil for a few minutes directly over the fire. Add the remainder of the milk. Heat to serving temperature, and beat until a foam is formed.

SOYBEAN CURD

Soybean milk may be made into soybean curd either by adding an acid such as vinegar, or by allowing the milk to ferment in a warm place. Using acid makes a firmer curd. That made by fermentation is like cream cheese in texture.

To make soybean curd with vinegar, heat 4 quarts soybean milk, add 2 cups vinegar and stir until well mixed. Let stand a few minutes. Put in a cheesecloth bag and dip the bag of curd in cold water several times to wash away the excess acid. Drain for about an hour and press out the remaining liquid. Season with salt and pack tightly into a dampened mold. Cover and store in a cold place until firm enough to cut.

To make soybean curd by fermentation, keep the milk in a warm place overnight, or until it forms a curd. Stir to break the curd. Add an equal amount of water heated almost to boiling and let stand 10 minutes. Pour into a cheesecloth bag and drain for several hours. Press out the remaining liquid. Season with salt and pack into a dampened mold. Cover and store in a cold place.

Croquettes

2 cups firm soybean curd	1 tablespoon chopped onion
1 1/2 tablespoons butter or other fat	3/4 teaspoon salt
1 1/2 tablespoons flour	Pepper
1/2 cup milk	1/4 teaspoon curry powder
1/4 cup chopped green pepper	1 cup fine dry bread crumbs
	1 egg

Put the soybean curd through a sieve. Make a sauce of the fat, flour, and milk. Combine all the ingredients except the egg and bread crumbs. Shape into croquettes, dip in the beaten egg, and roll in bread crumbs. Let stand to form a crust. Fry in deep fat at (375° F.), for 4 to 5 minutes. Drain on absorbent paper. One-half teaspoon sage may be used instead of the curry powder.

Chop Suey

5 cups diced soybean curd	2 teaspoons cornstarch
1/2 cup butter or other fat	2 tablespoons cold water
3 cups shredded onions	3 cups bean sprouts
3 cups shredded celery	2 cups shredded artichokes
2 cups water	6 tablespoons soy sauce

Brown the curd lightly in one-half the fat and remove from the frying pan. Cook the onion and celery in the remainder of the fat for a few minutes. Add the curd and 2 cups of water and simmer for 5 minutes. Mix the cornstarch and the 2 tablespoons of cold water until smooth. Stir into the mixture and cook for a few minutes longer. Add the bean sprouts and artichokes and heat thoroughly. Add the soy sauce and serve.

Chowder

2 cups diced carrots	1 tablespoon flour
1 pint boiling water	1 pint milk
1/2 cup diced salt pork	1 teaspoon salt
4 tablespoons chopped onions	Pepper
2 cups diced soybean curd	1 tablespoon chopped parsley

Cook the carrots in the boiling water until tender. Fry the salt pork until crisp, remove from the fat, and cook the onion and diced curd in the fat until lightly brown. Mix the flour with a little milk until smooth, and combine all the ingredients in the upper part of a double boiler, stir until well blended, and cook about 10 minutes.

Omelet

4 eggs	1/2 teaspoon salt
3 tablespoons butter	1 teaspoon soy sauce
1 1/2 tablespoons flour	1 cup diced soybean curd
3/4 cup milk	

Separate the eggs and beat the yolks thoroughly. Make a sauce with 2 tablespoons of butter, flour, milk, salt, and soy sauce. Heat the soybean curd in the sauce and add to the egg yolks. Fold in the well-beaten whites of the eggs. Have ready a hot frying pan containing 1 tablespoon of butter, and pour the egg mixture into the pan. Heat slowly and move the pan about so that the omelet will cook around the edge at the same rate as in the center. As soon as the omelet has browned lightly on the bottom and sides and the mixture sets, place under a low broiler flame for 2 or 3 minutes. When the omelet is firm, crease it through the center, fold it over with a spatula, and roll it onto a hot platter. Serve at once. If a sufficiently large frying pan is not available, bake the mixture in a casserole in a very moderate oven (325° F.) until set.

Hard-cooked eggs with soybean curd

4 tablespoons butter	2 tablespoons chopped pimiento
4 tablespoons flour	2 tablespoons chopped green pepper
1 pint milk	Tabasco sauce
1 teaspoon salt	6 hard-cooked eggs
1 cup firm soybean curd, finely divided.	6 pieces toast

Make a sauce of the butter, flour, milk, and salt. When thick add the curd, pimiento, green pepper, and tabasco sauce. Heat about 10 minutes. Pour over hard-cooked eggs which have been cut in halves and arranged on pieces of toast.

Soybean curd sauce on rice

4 tablespoons melted butter	1 cup diced soybean curd
3 tablespoons flour	Soy sauce
2 cups milk	2 cups hot cooked rice
1/2 teaspoon salt	

Make a sauce of the butter, flour, milk, and salt. When thick, add the curd and soy sauce. Heat for a few minutes and pour over the hot rice.

Soybean curd sauce

3 tablespoons flour	2 tablespoons soy sauce
2 cups boiling water	1 cup diced soybean curd

Mix the flour with a little cold water, add to the boiling water, and stir until thickened. Add soy sauce and soybean curd and let stand 30 minutes or until the flavor of the sauce penetrates the curd. This sauce may be served with cooked rice, omelets or scrambled eggs.

Soybean rabbit

2 cups milk	Tabasco sauce
4 tablespoons melted butter	Onion juice
4 tablespoons flour	Soy sauce
1/2 teaspoon salt	1 egg
1 1/4 cups soft soybean curd	Paprika

Heat the milk in a double boiler. Mix the melted fat, flour, and salt, and stir into them a small quantity of the heated milk. Add this to the remainder of the milk, stir until thickened. Gradually add the curd, stir until smooth, and add a few drops of each of the seasonings. Pour a little of the curd mixture into the well-beaten egg. Then add this to the rabbit, and cook for 2 or 3 minutes longer. Serve on crisp toast or crackers. Sprinkle with paprika.

Soybean curd and vegetable salad

3 tablespoons gelatin	2 tablespoons chopped green pepper
1/2 cup cold water	4 tablespoons chopped celery
1 quart canned tomatoes	1 tablespoon chopped parsley
Onion, 2 or 3 slices	1 cup diced soybean curd
1 1/2 teaspoons salt	2 tablespoons lemon juice
1 teaspoon sugar	

Soak the gelatin in the cold water for 5 minutes. Boil the tomatoes and onion for 5 minutes, strain through a fine sieve, pour the hot tomato juice over the softened gelatin, and stir until it is dissolved. Add the salt and sugar, and chill. When the gelatin mixture is partly set, add the vegetables, curd, and lemon juice, and mix well. Pour into dampened custard cups and chill. Turn out on crisp lettuce and serve with mayonnaise.

Stuffed pepper rings

1 cup soft soybean curd	Tabasco sauce
1 teaspoon lemon juice	Salt

Add either onion juice, 1/4 cup finely chopped olives and 1/2 cup finely chopped celery, or 1/2 cup finely chopped nuts and 1/4 cup chopped olives.

Mix and press firmly into green peppers from which the centers have been removed. Chill, slice, and serve on crisp lettuce.

Salad with soybean curd

1 cup soybean curd (soft or firm)	2 tablespoons finely chopped green pepper
1 teaspoon salt	1 teaspoon minced onion
2 tablespoons cream	4 tablespoons chopped stuffed olives
2 tablespoons mayonnaise	1 tablespoon lemon juice
4 tablespoons finely chopped celery	Tabasco sauce
	Lettuce

Put the curd through a sieve, mix with the salt, cream, and mayonnaise, then add the other ingredients. Form into balls and serve on crisp lettuce.

Pie with soybean curd

1 1/2 cups fine bread crumbs, toasted	1/2 cup sugar
2 tablespoons butter	1/2 teaspoon salt
2 tablespoons sugar	1 cup soybean curd
1/4 teaspoon salt	1 1/2 tablespoons flour
2 eggs	1/2 cup thick cream
	1/2 teaspoon vanilla

Mix thoroughly the first four ingredients. Reserve 1/2 cup of the mixture and pat down the remainder in a smooth layer over the bottom and sides of a deep pie plate or pudding pan. Add the other ingredients to the well-beaten egg yolks, beat until smooth, then add the vanilla and the beaten egg whites. Pour into the pan lined with the bread crumb mixture, and cover the top with the remaining 1/2 cup of crumb mixture. Bake in a very moderate oven (325°F.) for about 45 minutes or until set.

Cookies with soybean curd

3/4 cup sifted flour	1/2 cup sugar
1/2 teaspoon salt	1 egg, beaten
1 teaspoon cinnamon	1 cup finely diced soybean curd
1 teaspoon baking powder	1 cup seeded raisins
2 tablespoons butter	

Sift the dry ingredients together, except the sugar. Add the butter, sugar, beaten egg, curd, and raisins. Stir until well mixed. Drop by teaspoonfuls on a greased pan about 2 inches apart and bake in a moderate oven (375° F.) for 15 to 20 minutes, or until lightly browned.

Spoon bread with soybean curd

3/4 cup corn meal	1 cup milk
2 cups cold water	3 eggs, beaten
1 teaspoon salt	2 tablespoons melted fat
1/2 cup firm soybean curd, finely divided	

Mix the meal, water, and salt, and boil for 5 minutes, stirring constantly. Add the curd, milk, eggs, and melted fat, and mix well. Pour in a well-greased hot pan or baking dish and bake 45 to 50 minutes in a hot oven (400° F.). Serve from the pan.

Fried mush with soybean curd

2 cups milk	1 cup yellow corn meal
2 cups water	1 1/2 teaspoons salt
	2 cups firm soybean curd, finely diced

Heat the milk and water together. Mix the salt with the corn meal and sprinkle slowly into the hot milk, stirring constantly while it thickens. Continue cooking over boiling water for 30 minutes. Put the curd through a sieve and add it to the hot mush. Mix thoroughly, pour into a dampened bread pan and set in a cold place until firm. Cut the mush in slices, sprinkle lightly with flour, and fry slowly until golden brown on both sides.

Variation - To the hot mush add 2 cups diced soybean curd, 1/2 cup chopped green pepper, 1/2 cup chopped pimiento, 2 teaspoons chopped onion, and salt to taste. Mix, mold, and fry.

SOYBEAN MASH

The ground bean pulp or mash which remains after the milk has been extracted contains valuable food substances. It has very little flavor, but may be used for its nutritive value in combination with foods of more pronounced flavors, as suggested in the following recipes.

To cook soybean mash, put the desired amount of mash into the top part of a double boiler. Add one-half teaspoon salt to each pint of mash. If the mash is too dry add soybean milk to moisten. Stir occasionally and cook for about an hour or until the raw soybean flavor is gone. Keep in a covered jar in a cold place.

Soybean loaf

1/4 cup butter or other fat	1 green pepper, finely chopped
1/4 cup flour	1/4 cup finely chopped onions
1 cup milk	1 1/2 tablespoons chopped parsley
1 cup ground meat	1 teaspoon salt
1 cup uncooked soybean mash	1/4 teaspoon pepper
1 1/2 cups finely chopped celery	4 or 5 drops tabasco sauce

Make a sauce of the fat, flour and milk. Add the other ingredients in the order given. Mix thoroughly, shape into a loaf, put into a greased bread pan, and bake 50 minutes in a very moderate oven (300° F.). Remove to a platter, pour around it tomato or brown sauce and garnish with parsley.

Stuffed green peppers

4 large green peppers	1 1/2 cups chopped celery
4 tablespoons butter or other fat	3 cups uncooked soybean mash
3 tablespoons flour	1 teaspoon salt
1 1/2 cups milk	1/4 teaspoon pepper
1/4 cup chopped onions	1 cup buttered bread crumbs
1 cup ground beef	

Boil the green peppers 4 minutes and cut in halves lengthwise. Remove the seeds. Make a sauce of 3 tablespoons of the fat, flour, and milk. Put the remaining fat into the frying pan, add the onion and meat, and cook a few minutes or until the meat changes color. Add the other ingredients and combine with the sauce. Stuff the green pepper halves with this mixture, sprinkle with buttered crumbs, place in a greased baking dish, and bake in a very moderate oven (325° F.) about 45 minutes.

Bacon and soybean souffle

6 slices bacon	4 eggs
2 tablespoons bacon fat	2 cups soft bread crumbs
2 tablespoons flour	1 teaspoon salt
2 cups soybean milk	1/8 teaspoon pepper
2 cups uncooked soybean mash	2 teaspoons chopped parsley

Fry the bacon until crisp. Add the flour to the bacon fat and blend well, then add the milk and cook until thickened. Add the soybean mash and cook 2 or 3 minutes longer. Beat the egg yolks and combine with the bread crumbs, finely broken pieces of bacon, salt, pepper, and parsley. Pour the hot mixture, a little at a time, into the egg mixture. Fold into the stiffly beaten egg whites and pour into a greased baking dish. Bake in a very moderate oven (300°F.) for about 1 hour or until firmly set in the center.

Variation: To make a cheese souffle, omit the bacon and use 2 tablespoons of butter or other fat with 1 cup grated cheese in place of 1 cup bread crumbs.

Cheese and soybean rabbit

1/4 cup butter or other fat	1 cup grated sharp cheese
1/4 cup flour	1 tablespoon finely chopped onion
2 cups milk	4 drops tabasco sauce
1 cup cooked soybean mash	1 egg
1 teaspoon salt	

Make a sauce of the fat, flour, and milk. Add the soybean mash and salt and cook in a double boiler for 15 minutes. Add the cheese, onion, tabasco sauce, and mix together. Pour this mixture, a little at a time, into

the well beaten egg and return to the double boiler to cook for 2 or 3 minutes longer. Serve on crisp crackers or toast. Sprinkle with paprika and garnish with a few sprigs of parsley.

This recipe may be varied by using one-half the amount of cheese, $\frac{2}{3}$ cup finely chopped celery, and one finely chopped green pepper.

Stuffed celery salad

Celery	Salad dressing
1 cup cooked soybean mash	$\frac{1}{16}$ teaspoon salt
1 pimiento, chopped fine	Tabasco sauce
2 tablespoons chopped peanuts	White pepper

Cut the celery in 3 or 4 inch pieces. Mix the other ingredients, using enough salad dressing to hold the mixture together. Stuff the hollows of the celery stalks with the filling, and chill before serving. Chopped green pepper, olives, or different kinds of nuts may be used.

Potato salad

4 medium sized cooked and finely diced potatoes	1 cup cooked salad dressing
1 $\frac{1}{2}$ cups cooked soybean mash	1 tablespoon finely chopped onion
1 green pepper, chopped	1 to $1\frac{1}{2}$ teaspoons salt
1 cup finely cut celery	4 drops tabasco sauce
2 hard-cooked eggs, chopped	Lettuce

Mix together the potatoes, mash, green pepper, celery, and hard-cooked eggs. Add to this the combined mixture of salad dressing, onion, salt, and tabasco sauce. Mix carefully so as not to break the pieces of potato. Chill thoroughly, and serve on crisp lettuce.

Stuffed prune salad

Prunes	1 chopped pimiento
1 cup cooked soybean mash	2 tablespoons chopped nuts
$\frac{1}{2}$ teaspoon sugar	Salad dressing
$\frac{1}{16}$ teaspoon salt	Lettuce

Remove the seeds from the prunes. Mix the other ingredients using enough salad dressing to hold the mixture together. Stuff the prunes with the filling and serve on crisp lettuce.

Sandwich fillings

1 cup cooked soybean mash	$\frac{1}{4}$ teaspoon salt
2 tablespoons mayonnaise	Tabasco sauce

To this mixture any of the following combinations of ingredients may be added:

One-fourth cup finely chopped green pepper, and 2 tablespoons chopped nuts.

or: Two tablespoons finely chopped pimiento, 2 tablespoons finely chopped

- cucumber pickle, and $\frac{1}{2}$ teaspoon finely chopped onion.
- or: One-fourth cup chili sauce, 2 tablespoons finely chopped nuts, and 2 tablespoons finely chopped celery.
- or: One-fourth cup finely chopped carrots, $\frac{1}{4}$ cup finely chopped green pepper, and 1 teaspoon finely chopped onion.

Cup cakes

1/4 cup butter or other fat	1/4 teaspoon salt
1/2 cup sugar	1/4 teaspoon cinnamon
1 egg	1/4 teaspoon nutmeg
1/2 teaspoon vanilla	1/2 cup milk
1 1/2 cups sifted cake flour	1 cup cooked soybean mash
2 teaspoons baking powder	

Cream the fat, add the sugar, well-beaten egg, and vanilla. Sift the dry ingredients together, and add alternately with the milk to the first mixture. Add the mash. Bake in greased muffin tins in a very moderate oven (325°F.) for 15 to 20 minutes. Raisins, chopped fruit, or nuts may be added to the batter.

Gingerbread

3 tablespoons butter or other fat	1/2 teaspoon soda
1/2 cup sugar	1/2 teaspoon salt
1 cup molasses	1 teaspoon ginger
1 egg	1/2 teaspoon cloves
1 1/2 cups cooked soybean mash	1/2 teaspoon cinnamon
2 cups sifted flour	1/2 cup milk
4 teaspoons baking powder	

Cream together the fat and the sugar. Add the molasses, beaten egg, and the mash. Sift the dry ingredients together twice and add alternately with the milk to the first mixture. Bake in two shallow greased pans in a moderate oven (350°F.) for about 30 minutes. Serve with seasoned cream cheese, or apple sauce, or whipped cream between the layers.

Soybean paste

1 1/2 cups uncooked soybean mash	1/4 cup water
3/4 cup sugar	1/2 teaspoon almond flavoring

Combine the mash, sugar, and water, and cook in a covered double boiler for 30 minutes. Remove cover and cook 45 minutes. Add the almond flavoring, pack into a jar, cover, and store in a cold place.

Soybean paste may be used as almond paste in macaroons, frostings, and candies.

Macaroons

1/8 teaspoon salt	1 cup cooked soybean mash
2 egg whites	2 cups corn flakes
1 cup sugar	1 teaspoon almond flavoring

Add the salt to the egg whites, and beat until slightly stiff. Add the sugar, a tablespoon at a time, and beat until stiff. Mix the mash with the corn flakes, which have been crushed, and gradually fold this mixture into the egg whites. Add the flavoring. Drop by spoonfuls on waxed paper and bake in a very moderate oven (300-325°F.) for about 25 to 30 minutes or until delicately brown and well set.

Caramels

2 cups sugar	1 cup uncooked soybean mash
1 cup corn sirup	1/2 teaspoon salt
3 cups milk	1 teaspoon vanilla
4 tablespoons butter	

Mix the sugar, sirup, and 1 cup of milk. Boil these ingredients to the firm ball stage (240°F.), stirring constantly. Remove from the fire and stir in 1 1/2 cups of milk. Boil to the firm ball stage (240°F.). Remove from the fire and add the remaining half-cup of milk, the butter, soybean mash, and salt. Cook to the firm ball stage (240°F.), stirring constantly so the mash will not stick and burn. Remove from the fire, add the vanilla, and pour into a buttered pan. When cool, mark into half-inch squares, cut into cubes and wrap in waxed paper.

Chocolate fudge

2 cups sugar	1 cup uncooked soybean mash
4 tablespoons cocoa	1 tablespoon corn sirup
1/3 cup water	2 tablespoons butter
1/3 cup milk	1 teaspoon vanilla

Blend the sugar and cocoa. Mix the water and milk with the soybean mash. Then mix with the sugar and cocoa. Add the sirup and cook to 230°F. or the medium soft-ball stage. Remove from the fire and add the butter. Allow to cool, add the vanilla and beat until thick. Pour into a buttered pan, and when cool, mark into squares.

